

SUGGESTED DONATION for Seniors 60+ (and spouse) - \$1.50

October 2024

Individuals 59 years and under pay \$7.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Cobb Salad Diced Chicken, Boiled Egg, Romaine Lettuce Beets WW Crackers Pears	Frito Pie Red Chile, Beef, Beans Lettuce, Tomato, Onion Calabacitas Applesauce	Beef And Broccoli Beef, Sauce, Broccoli Brown Rice Oriental Vegetable Fortune cookie Mandarin Oranges	Chicken Bake Chicken, Pasta, Marinara sauce Green Bean W/ Almonds Garlic Knot Tossed Salad W/ Dressing Apricots
7	8	9	10	11
Chicken Caesar Salad Romaine, Chicken, Cheese Marinated Cucumbers & Tomato WW Crackers (4) Jell-O W/ Fruit	Soft Beef Taco Flour tortilla, Beef, Cheese Lettuce, Tomato, Salsa Pinto Beans Spinach Strawberry Shortcake	Chicken Tetrazzini Chicken, Pasta, Mushrooms, Sauce, Cheese Capri Vegetables Cinnamon Apples	Tilapia W/ Peppers & Onions Wild Rice Sliced carrots Tossed Salad WW Roll	Chicken Fried Steak Mashed Potatoes Country Gravy Roasted Brussel Sprouts Fruit Cocktail
14	15	16	17	18
Observed Holiday	Salisbury Steak Mashed Potatoes Mushroom Gravy Italian Vegetables WW Roll Spiced Pear's	Sesame Chicken W/ Broccoli Chicken, Broccoli, sesame seeds Sugar Snap Peas Brown Rice Green salad W/ Crackers Tropical Fruit Salad	Ham & Bean Soup Ham, Beans, Peppers, onions Cornbread Tossed Salad Non Fat Yogurt	Tuna Salad Sandwich Lettuce, Tomato, Onion Sun Chips Cold Beet salad 3 bean Salad Watermelon
21	22	23	24	25
Garden Salad W/ Chicken Romaine, Spinach, Carrots Cucumbers, Croutons, Tomato WW Crackers (4) Mandarin Oranges Chocolate Pudding	BBQ Pulled Pork Coleslaw Broccoli & Red Peppers Cornbread Fruit Salad	Meatloaf Mashed Potatoes W/ Gravy French Style green beans WW Roll w/ butter Cinnamon Applesauce	Glazed Ham Ham, Glaze, Pineapple Sweet Potato Asparagus WW Roll Vanilla Yogurt	GC Chicken Enchiladas Pinto Beans Spanish Rice California Blend Vegetables Banana Pudding
28	29	30	31	
Baked Salmon Wild Rice W/ mushrooms California Vegetables Coleslaw Spiced Apples	Chicken Parmesan Penne Pasta Italian Vegetables Green Salad Garlic Bread Cantaloupe	Beef Fajitas W/ Salsa Flour Tortilla Pinto Beans Zucchini W/ Diced Tomato Jell-O W/ Fruit	Chicken Salad Chicken, Grapes, Celery, Onion Mixed Greens Cucumber & Tomato Salad WW Crackers Pound Cake W/ Cherries	Menu Subject to Change 1% Milk served for Lunch